



TRIANGLE YOGA ☉ 930 Martin Luther King Jr. BLVD ☉ Chapel Hill, NC 27514
PH: 919.933.9642 ☉ FAX: 919.968.9642

PROGRAM: 200-Hour Teacher Training

Who is it for?

Aspiring teachers and students who want to deepen their practice

Upcoming Program: 4-Week Intensive

July 7 - August 1 2008 (Monday - Friday 8am - 5pm)

Required Anatomy Weekend: July 12-13 2008 (Saturday - Sunday 12:30pm - 6:30pm)

Program Cost:

\$2950 if paid in full by June 5, 2008

\$3200 after June 5, 2008

\$500 non-refundable deposit required to register

What's included in tuition:

- All required readings (student manual and text books)
- 200-hour diploma and letter of completion upon successful completion
- 2 Scholarship students will be admitted, at a lower fee, but must have a current work/trade relationship with Triangle Yoga

When will you receive your textbooks?

You will receive all books and your course manual on the first day of training. There are no pre-training assignments that require the use of books.

How to apply:

Please submit an application and signature of approval sheet via fax 919.968.9642 or email to info@triangleyoga.com along with a \$500 non-refundable deposit/and or full payment. You can download an application at www.yogaworks.com/teachertraining

About the YogaWorks Teacher Training at Triangle Yoga:

We offer a cohesive, multi-specialist approach to teacher training that blends the best of the Yoga tradition from the East and West. Our faculty is comprised of highly-trained, experienced, inspiring professionals with a profound understanding of Yoga's transformative power.

At the cornerstone of our teaching philosophy is the idea that the concepts of Yoga must be first understood through the body and the dynamic, conscious practice of asana. the YogaWorks method is a blending of the three strands of the Krishnamacharya lineage-Ashtanga, Iyengar and the teachings of Desikachar coupled with the unique approach to sequencing that is specifically designed to meet the needs of the average yoga student. from Ashtanga the method incorporates heat and flow, from Iyengar precise detailed instructions and from the teachings of Desikachar, posture modifications-the idea that the practice should fit the practitioner. Our programs emphasize a student's personal practice as the source for their creative teaching, and include a comprehensive study of the techniques and mechanics of fundamental yoga postures, as well as the tools necessary to teach and inspire others. To deepen their education students will also study functional anatomy and physiology, explore Yoga's philosophical underpinnings, practice meditation and pranayama, and investigate the ancient science of Ayurveda.

